BIEG K-B-L - 110 KM

Wydarzenie: Dolnośląski Festiwal Biegów Górskich
Organizator: Fundacja MARATONY GÓRSKIE
Data: 2019-07-18
Miejsce: Lądek-Zdrój
Dystans: 110 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: OPEN

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A9 15km	A11 40km	A12 61km	A13 70km	A14 85km	A15 98km	Czas netto 110km	Czas brutto 110km	Różn	Tempo min/km	Tempo km/h
1	**UZNAŃSKI Piotr**	**3228**	PAMTRANS / EUROCLEAR RUNNING TEAM	Senior II M - 30	1	01:26:34	03:35:48	05:36:43	06:43:18	08:11:40	09:34:22	**10:36:24.75**	**10:36:26.35**		5:47	10.4 (100%)
2	**FRANKOWSKI Michal**	**3262**		Senior II M - 30	2	01:21:55	03:40:55	06:01:09	07:17:42	08:50:59	10:15:42	**11:28:04.05**	**11:28:04.05**	+00:51:37 (7.5%)	6:15	9.6 (92.3%)
3	**KOCIOŁOWICZ Piotr**	**3084**	BIEGAM W GÓRACH BARDZKICH / WKURW_TEAM	Senior II M - 30	3	01:24:15	03:48:34	06:05:03	07:18:49	09:00:18	10:30:33	**11:35:20.45**	**11:35:22.70**	+00:58:56 (8.5%)	6:19	9.5 (91.3%)
4	**GONCZARENKO Jarek**	**3281**		Senior II M - 30	4	01:25:02	03:38:37	06:00:12	07:18:42	08:58:39	10:27:02	**11:38:47.00**	**11:38:48.80**	+01:02:22 (8.9%)	6:21	9.4 (90.4%)
5	**MARCINIAK Przemysław**	**3211**	ATHLETICS NYSA	Senior II M - 30	5	01:29:07	03:58:12	06:10:17	07:24:22	09:05:11	10:32:20	**11:44:37.10**	**11:44:39.95**	+01:08:13 (9.7%)	6:24	9.4 (90.4%)
6	**PIĄTEK Mateusz**	**3079**	SM KAMOS/ HERCOG RUNNING TEAM	Senior I M - 20	1	01:32:55	03:58:08	06:14:51	07:30:24	09:10:22	10:38:55	**11:53:09.75**	**11:53:13.10**	+01:16:46 (10.8%)	6:29	9.3 (89.4%)
7	**SZCZEPANIAK Angelika**	**3174**	CERI/AKADEMIABIEGACZA.PL S.L. SALOS-WODNA	Senior II K - 30	1	01:32:03	04:13:45	06:37:34	07:58:09	09:47:53	11:23:49	**12:42:32.20**	**12:42:35.55**	+02:06:09 (16.5%)	6:55	8.7 (83.7%)
8	**KOMZA Radosław**	**3210**		Masters M - 40	1	01:31:53	04:04:57	06:30:51	07:55:46	09:48:21	11:32:16	**12:49:00.95**	**12:49:11.10**	+02:12:44 (17.3%)	6:59	8.6 (82.7%)
9	**DYJAK Robert**	**3111**		Senior II M - 30	6	01:30:47	04:13:47	06:43:42	08:08:00	09:55:31	11:34:03	**12:49:23.50**	**12:49:28.10**	+02:13:01 (17.3%)	6:59	8.6 (82.7%)
10	**STAŃCZAK Piotr**	**3225**	CZERWONAK BIEGA	Senior II M - 30	7	01:33:23	04:13:44	06:46:05	08:07:53	09:55:21	11:33:58	**12:49:18.40**	**12:49:28.25**	+02:13:01 (17.3%)	6:59	8.6 (82.7%)
11	**KUŹNIAK Marcin**	**3261**		Masters M - 40	2	01:33:54	04:11:09	06:37:42	07:58:33	09:51:28	11:32:42	**12:54:29.05**	**12:54:32.65**	+02:18:06 (17.8%)	7:02	8.5 (81.7%)
12	**GOŚCINIEWICZ Paweł**	**3282**	ZIEMOWIT TEAM	Masters M - 40	3	01:33:52	04:12:27	06:41:38	08:01:42	09:57:21	11:41:29	**13:14:47.05**	**13:14:53.70**	+02:38:27 (19.9%)	7:13	8.3 (79.8%)
13	**STOKŁOSA Sebastian**	**3257**	LESZ NO LIMITS RUNNERS	Senior II M - 30	8	01:34:37	04:17:28	06:53:01	08:21:56	10:14:21	11:56:47	**13:17:33.10**	**13:17:38.85**	+02:41:12 (20.2%)	7:15	8.3 (79.8%)
14	**BŁACHUT Radosław**	**3280**	ML TEAM	Masters M - 40	4	01:32:23	04:13:44	06:43:47	08:08:02	10:04:54	11:56:55	**13:18:47.60**	**13:18:50.60**	+02:42:24 (20.3%)	7:15	8.3 (79.8%)
15	**GRZELAK Kamila**	**3249**	TEAM ALTRA RED	Senior I K - 20	1	01:38:16	04:19:10	06:54:27	08:21:48	10:13:30	11:59:35	**13:22:11.30**	**13:22:16.75**	+02:45:50 (20.7%)	7:17	8.2 (78.8%)
16	**OSTAPSKI Kamil**	**3306**	TC WROCLAW / VEGE RUNNERS	Senior II M - 30	9	01:30:50	04:00:31	06:51:12	08:20:45	10:14:13	11:59:37	**13:26:33.10**	**13:26:37.40**	+02:50:11 (21.1%)	7:19	8.2 (78.8%)
17	**GRZELAK Adrian**	**3258**		Senior II M - 30	10	01:38:36	04:26:52	07:07:21	08:36:54	10:33:30	12:16:42	**13:40:08.55**	**13:40:14.40**	+03:03:48 (22.4%)	7:27	8 (76.9%)
18	**KAROLAK Ania**	**3303**	MUAY RUNNING TEAM	Senior II K - 30	2	01:38:20	04:22:04	07:07:20	08:44:31	10:38:19	12:21:42	**13:43:56.45**	**13:43:59.30**	+03:07:32 (22.8%)	7:29	8 (76.9%)
19	**MAKOWSKI Mateusz**	**3263**		Senior I M - 20	2	01:38:16	04:19:37	07:07:27	08:57:19	10:46:17	12:33:58	**13:54:25.35**	**13:54:29.45**	+03:18:03 (23.7%)	7:35	7.9 (76.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A9 15km	A11 40km	A12 61km	A13 70km	A14 85km	A15 98km	Czas netto 110km	Czas brutto 110km	Różn	Tempo min/km	Tempo km/h
20	**REJ Mirosław**	**3076**	M &T WYJADACZE PARÓWKÓW	Senior II M - 30	11	01:41:16	04:28:59	07:16:49	08:46:51	10:46:42	12:30:44	**13:54:52.80**	**13:54:57.45**	+03:18:31 (23.8%)	7:35	7.9 (76.0%)
21	**DZIUBIŃSKI Michał**	**3142**	FAMILY EXTREME	Senior II M - 30	12	01:38:16	04:19:37	07:07:30	08:57:20	11:01:37	12:44:45	**14:09:33.80**	**14:09:38.20**	+03:33:11 (25.1%)	7:43	7.8 (75.0%)
22	**CAŁY Patryk**	**3307**	#KFD FALLOUT TEAM	Senior II M - 30	13	01:45:51	04:37:02	07:23:50	08:47:47	10:48:55	12:40:26	**14:10:57.60**	**14:11:14.20**	+03:34:47 (25.2%)	7:44	7.8 (75.0%)
23	**KIELASZEWSKI Karol**	**3273**	LESZNO LIMITS RUNNERS	Senior II M - 30	14	01:36:35	04:32:28	07:32:56	08:55:41	10:54:46	12:47:34	**14:20:27.60**	**14:20:39.15**	+03:44:12 (26.1%)	7:49	7.7 (74.0%)
24	**ADLER Łukasz**	**3214**	LESZ NO LIMITS RUNNERS	Senior II M - 30	15	01:48:19	04:51:03	07:33:14	09:01:05	10:57:34	12:47:40	**14:20:33.00**	**14:20:39.65**	+03:44:13 (26.1%)	7:49	7.7 (74.0%)
25	**GÓRNIAK-ANTKOWIAK Agnieszka**	**3122**	GSM OBORNIKI ŚLĄSKIE	Masters K - 40	1	01:37:30	04:32:31	07:22:30	08:53:54	10:56:38	12:51:33	**14:22:54.80**	**14:23:04.35**	+03:46:38 (26.3%)	7:50	7.6 (73.1%)
26	**KONIECZNY Szymon**	**3135**	CHOSZCZENSKA 10	Senior II M - 30	16	01:48:25	04:38:18	07:33:44	09:06:48	11:12:08	13:00:04	**14:24:40.35**	**14:25:05.65**	+03:48:39 (26.4%)	7:51	7.6 (73.1%)
27	**MARZEC Grzegorz**	**3276**	GMINA STRZELCE OPOLSKIE	Masters M - 40	5	01:33:58	04:18:12	07:07:04	08:44:05	10:39:18	12:38:36	**14:26:09.60**	**14:26:18.90**	+03:49:52 (26.5%)	7:52	7.6 (73.1%)
28	**BALWIERCZAK Piotr**	**3053**	HERCOG RUNNING TEAM	Senior I M - 20	3	01:37:34	04:32:36	07:22:40	08:53:59	10:58:45	12:52:44	**14:27:19.70**	**14:27:25.25**	+03:50:58 (26.6%)	7:53	7.6 (73.1%)
29	**PAWLIK Jakub**	**3045**	1X1	Senior II M - 30	17	01:49:03	04:48:47	07:34:01	09:07:09	11:12:45	13:00:25	**14:28:25.70**	**14:28:28.35**	+03:52:02 (26.7%)	7:53	7.6 (73.1%)
30	**KRAKOWCZYK Marta**	**3234**		Senior I K - 20	2	01:43:49	04:34:11	07:25:25	08:49:27	11:05:20	13:03:11	**14:29:43.60**	**14:29:58.20**	+03:53:31 (26.8%)	7:54	7.6 (73.1%)
31	**FURMAN Sławomir**	**3088**		Masters M - 40	6	01:32:12	04:31:36	07:25:43	09:04:31	11:14:56	13:03:39	**14:33:30.70**	**14:33:35.80**	+03:57:09 (27.1%)	7:56	7.6 (73.1%)
32	**GAJDA Sebastian**	**3139**	WIECZORNE BIEGANIE W SZCZECINIE	Masters M - 40	7	01:42:35	04:37:12	07:48:04	09:22:06	11:19:52	13:09:28	**14:35:14.55**	**14:35:31.00**	+03:59:04 (27.3%)	7:57	7.5 (72.1%)
33	**BORÓWKA Ryszard**	**3082**		Masters M - 40	8	01:36:10	04:34:26	07:22:01	08:54:00	11:02:30	13:04:13	**14:36:51.80**	**14:36:55.50**	+04:00:29 (27.4%)	7:58	7.5 (72.1%)
34	**KOWALIK Andrzej**	**3219**	BIEG OPOLSKI	Masters M - 40	9	01:27:06	04:03:53	06:59:32	08:51:45	11:02:33	13:04:13	**14:36:56.25**	**14:37:00.15**	+04:00:33 (27.4%)	7:58	7.5 (72.1%)
35	**WYLEGAŁA Michał**	**3017**	PCH_RUN	Masters M - 40	10	01:42:01	04:34:55	07:33:24	09:01:56	11:13:57	13:09:50	**14:43:44.30**	**14:43:52.05**	+04:07:25 (28.0%)	8:02	7.5 (72.1%)
36	**LONC Tomasz**	**3078**		Masters M - 40	11	01:41:15	04:37:10	07:42:07	09:12:13	11:20:59	13:09:52	**14:46:51.25**	**14:46:56.70**	+04:10:30 (28.2%)	8:03	7.4 (71.2%)
37	**ANUSZ Adam**	**3066**	ŻARÓW BIEGA	Senior II M - 30	18	01:46:47	04:49:09	07:56:44	09:29:14	11:25:27	13:15:01	**14:49:23.95**	**14:49:41.30**	+04:13:14 (28.5%)	8:05	7.4 (71.2%)
38	**ZIMKOWSKI Marcin**	**3298**	KGHM ZG RUN	Senior II M - 30	19	01:31:55	04:21:52	07:25:42	09:04:33	11:20:47	13:19:20	**14:50:10.80**	**14:50:13.15**	+04:13:46 (28.5%)	8:05	7.4 (71.2%)
39	**BAR Stanisław**	**3275**	GMINA STRZELCE OPOLSKIE	Masters M - 40	12	01:40:25	04:42:04	07:39:13	09:36:30	11:39:10	13:27:33	**14:52:33.55**	**14:52:42.45**	+04:16:16 (28.7%)	8:06	7.4 (71.2%)
40	**BIENIECKA Anna**	**3309**		Masters K - 40	2	01:41:53	04:51:45	07:47:32	09:24:34	11:25:05	13:20:24	**14:53:30.10**	**14:53:33.20**	+04:17:06 (28.8%)	8:07	7.4 (71.2%)
41	**SZEMIEL Maciej**	**3154**		Senior II M - 30	20	01:33:31	04:43:56	07:49:41	09:34:09	11:36:13	13:24:10	**14:53:58.50**	**14:54:04.25**	+04:17:37 (28.8%)	8:07	7.4 (71.2%)
42	**ORACZ Mateusz**	**3251**	BEZ LITOŚCI	Senior II M - 30	21	01:44:24	04:37:21	07:41:45	09:22:55	11:41:04	13:33:38	**14:54:24.25**	**14:54:27.60**	+04:18:01 (28.8%)	8:07	7.4 (71.2%)
43	**SIKORA Michał**	**3207**	BLUSZCZA	Masters M - 40	13	01:43:37	04:40:26	07:39:54	09:14:56	11:26:31	13:22:47	**15:01:28.60**	**15:01:36.00**	+04:25:09 (29.4%)	8:11	7.3 (70.2%)
44	**SCHWITALLA Adrian**	**3130**	MKS SIECHNICE	Masters M - 40	14	01:47:37	04:53:22	07:56:50	09:37:12	11:51:53	13:40:13	**15:11:03.50**	**15:11:11.70**	+04:34:45 (30.2%)	8:16	7.2 (69.2%)
45	**POBORSKI Dariusz**	**3026**		Masters M - 40	15	01:42:28	04:41:30	07:46:54	09:24:19	11:40:18	13:39:52	**15:14:29.60**	**15:14:44.00**	+04:38:17 (30.4%)	8:18	7.2 (69.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A9 15km	A11 40km	A12 61km	A13 70km	A14 85km	A15 98km	Czas netto 110km	Czas brutto 110km	Różn	Tempo min/km	Tempo km/h
46	**OBIDOWSKI Łukasz**	**3080**	NARAMOWICE BIEGAJĄ	Senior II M - 30	22	01:45:06	04:45:31	07:38:50	09:11:46	11:25:05	13:28:59	**15:14:54.90**	**15:15:01.10**	+04:38:34 (30.4%)	8:19	7.2 (69.2%)
47	**MIGACZ Dawid**	**3022**	1X1	Senior II M - 30	23	01:51:41	05:07:08	08:00:41	09:26:12	11:26:40	13:25:21	**15:17:38.70**	**15:17:41.40**	+04:41:15 (30.6%)	8:20	7.2 (69.2%)
48	**SIKORSKI Marcin**	**3116**	TT SZCZECIN	Masters M - 40	16	01:49:03	04:58:05	08:02:25	09:42:15	12:04:46	13:56:59	**15:21:17.15**	**15:21:31.45**	+04:45:05 (30.9%)	8:22	7.2 (69.2%)
49	**MILEWSKI Maciek**	**3208**	SAMOTNY WILK	Masters M - 40	17	01:32:51	04:19:35	07:35:34	09:33:28	11:55:51	13:52:36	**15:22:27.35**	**15:22:35.35**	+04:46:09 (31.0%)	8:23	7.2 (69.2%)
50	**PRZYSIWEK Patryk**	**3109**		Senior II M - 30	24	01:52:23	05:06:59	08:16:20	09:49:53	11:58:23	13:53:28	**15:24:30.15**	**15:24:38.65**	+04:48:12 (31.2%)	8:24	7.1 (68.3%)
51	**KAROLAK Asia**	**3301**	MUAY RUNNING TEAM	Senior II K - 30	3	01:47:01	04:53:38	07:51:10	09:22:21	11:37:47	13:47:49	**15:25:22.35**	**15:25:27.80**	+04:49:01 (31.2%)	8:24	7.1 (68.3%)
52	**SZCZEPAŃSKI Norman**	**3288**	AS-PL	Senior I M - 20	4	01:37:12	04:34:15	07:47:13	09:22:32	11:36:39	13:47:43	**15:25:18.00**	**15:25:30.35**	+04:49:04 (31.2%)	8:24	7.1 (68.3%)
53	**KURPIEWSKA Anna**	**3223**	GT RAT	Masters K - 40	3	01:49:01	04:58:04	08:02:19	09:42:10	12:04:49	13:57:03	**15:26:22.80**	**15:26:37.10**	+04:50:10 (31.3%)	8:25	7.1 (68.3%)
54	**SOINSKI Przemysław**	**3131**	KB MANIAC POZNAŃ	Masters M - 40	18	01:50:23	05:09:24	08:28:57	09:55:31	11:58:01	13:52:57	**15:27:14.50**	**15:27:42.00**	+04:51:15 (31.4%)	8:25	7.1 (68.3%)
55	**TOMICZEK Tomasz**	**3238**	ZDYSKWALIFIKOWANI	Senior II M - 30	25	02:05:19	05:13:02	08:12:01	09:47:15	12:06:07	14:01:12	**15:39:01.00**	**15:39:35.50**	+05:03:09 (32.3%)	8:32	7 (67.3%)
56	**MIKOŁAJCZYK Marcin**	**3124**	DROGA DO ULTRA	Senior II M - 30	26	01:51:32	04:41:14	07:37:32	09:33:52	11:54:09	13:58:24	**15:40:23.80**	**15:40:29.25**	+05:04:02 (32.3%)	8:32	7 (67.3%)
57	**FRĄCKOWIAK Michał**	**3179**	CZERWONAK BIEGA	Masters M - 40	19	01:49:24	05:13:42	08:47:05	10:14:40	12:21:55	14:10:41	**15:40:42.10**	**15:40:51.25**	+05:04:24 (32.4%)	8:33	7 (67.3%)
58	**HUEBNER Maria**	**3008**		Senior I K - 20	3	01:50:32	05:04:18	07:52:43	09:34:10	12:05:44	14:12:45	**15:41:08.60**	**15:41:22.40**	+05:04:56 (32.4%)	8:33	7 (67.3%)
59	**KUPCZYK Jacek**	**3181**	MOL RUNNERS	Masters M - 40	20	01:53:39	05:01:35	08:03:44	09:44:22	11:59:46	13:56:57	**15:41:24.25**	**15:41:30.60**	+05:05:04 (32.4%)	8:33	7 (67.3%)
60	**KOWALSKI Maciej**	**3216**	LOTOS RUNNING TEAM	Masters M - 40	21	01:50:11	04:57:13	07:51:57	09:35:08	11:54:22	13:59:09	**15:41:32.35**	**15:41:45.40**	+05:05:19 (32.4%)	8:33	7 (67.3%)
61	**PANEK Krzysztof**	**3296**	RZYĆ CHYŻA GŻEGŻÓŁKI I CZYŻA	Masters M - 40	22	01:43:04	04:45:52	07:49:52	09:36:58	12:01:35	14:07:43	**15:42:45.10**	**15:42:55.80**	+05:06:29 (32.5%)	8:34	7 (67.3%)
62	**JĘDRZEJEWSKI Łukasz**	**3039**	WATAHA	Masters M - 40	23	01:49:58	04:56:28	07:57:01	09:44:01	11:59:31	14:02:24	**15:49:18.20**	**15:49:29.00**	+05:13:02 (33.0%)	8:37	7 (67.3%)
63	**KRUPA Piotr**	**3030**	PCH-RUN	Masters M - 40	24	02:00:32	05:13:50	08:23:45	09:59:19	12:13:27	14:16:03	**15:51:39.80**	**15:51:50.10**	+05:15:23 (33.1%)	8:39	6.9 (66.3%)
64	**KRUPA Sławomir**	**3107**	PCH_RUN	Senior II M - 30	27	01:54:03	05:13:55	08:23:44	09:59:21	12:13:21	14:16:01	**15:51:42.15**	**15:51:50.40**	+05:15:24 (33.1%)	8:39	6.9 (66.3%)
65	**CIEMBOROWICZ Karol**	**3101**	#KFD	Senior II M - 30	28		05:00:05	08:06:05	09:42:29	11:57:06	14:08:08	**15:55:07.60**	**15:55:23.30**	+05:18:56 (33.4%)	8:40	6.9 (66.3%)
66	**BOROWCZYK Marcin**	**3037**		Masters M - 40	25	01:51:26	05:04:26	08:19:03	09:59:39	12:19:49	14:20:51	**16:01:30.55**	**16:01:39.40**	+05:25:13 (33.8%)	8:44	6.9 (66.3%)
67	**KNAPIK Piotr**	**3217**	KURORT LĄDEK ZDRÓJ TEAM	Masters M - 40	26	01:55:31	05:15:44	08:19:42	09:59:15	12:22:24	14:20:47	**16:01:23.55**	**16:01:39.70**	+05:25:13 (33.8%)	8:44	6.9 (66.3%)
68	**ZWOLIŃSKI Łukasz**	**3148**	KASZUBSKA PONIEWIERKA	Senior II M - 30	29	01:47:09	04:43:56	07:36:53	10:04:19	11:57:04	14:11:23	**16:06:33.40**	**16:06:37.00**	+05:30:10 (34.2%)	8:47	6.8 (65.4%)
69	**RAJTAR Zbigniew**	**3086**	RONTIL - COMPASS	Weteran II M - 60	1	01:41:55	04:39:58	07:52:29	09:43:34	12:24:56	14:31:52	**16:08:22.55**	**16:08:26.45**	+05:32:00 (34.3%)	8:48	6.8 (65.4%)
70	**KUBICA Bartosz**	**3149**		Masters M - 40	27	01:50:36	05:03:09	08:07:52	10:04:27	12:20:29	14:30:26	**16:16:30.35**	**16:16:41.05**	+05:40:14 (34.8%)	8:52	6.8 (65.4%)
71	**WŁODARCZYK Michał**	**3176**	EVERRUN	Senior II M - 30	30	01:38:03	04:40:15	07:47:34	09:33:21	12:11:58	14:29:35	**16:16:37.15**	**16:16:42.25**	+05:40:15 (34.8%)	8:52	6.8 (65.4%)
72	**KOSTRZEWSKI Sławomir**	**3065**		Masters M - 40	28	01:37:17	04:55:03		09:47:34	12:15:37	14:30:47	**16:18:33.95**	**16:18:41.95**	+05:42:15 (35.0%)	8:53	6.7 (64.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A9 15km	A11 40km	A12 61km	A13 70km	A14 85km	A15 98km	Czas netto 110km	Czas brutto 110km	Różn	Tempo min/km	Tempo km/h
73	**ZGRAJ Leszek**	**3266**	STS BIEGATON MIKOŁÓW	Masters M - 40	29	01:48:59	05:03:17	08:13:40	09:52:33	12:17:26	14:29:24	**16:19:11.50**	**16:19:16.80**	+05:42:50 (35.0%)	8:54	6.7 (64.4%)
74	**KUTYBA Mariusz**	**3155**	WOLNE ŚLIMAKI	Senior II M - 30	31	01:37:24	04:39:15	07:49:22	09:36:49	12:10:25	14:34:39	**16:20:03.80**	**16:20:16.85**	+05:43:50 (35.1%)	8:54	6.7 (64.4%)
75	**GOLA Daniel**	**3237**		Senior I M - 20	5	01:45:41	04:46:11	07:52:00	09:39:13	12:24:38	14:46:35	**16:20:39.50**	**16:20:46.00**	+05:44:19 (35.1%)	8:54	6.7 (64.4%)
76	**BANACH Magda**	**3236**		Senior I K - 20	4	01:45:40	04:46:06	07:51:57	09:39:12	12:24:48	14:46:34	**16:20:38.85**	**16:20:46.20**	+05:44:19 (35.1%)	8:54	6.7 (64.4%)
77	**STOLIŃSKI Przemysław**	**3092**		Senior II M - 30	32	01:38:05	04:44:57	08:00:44	09:33:37	12:15:35	14:33:48	**16:27:33.35**	**16:27:38.45**	+05:51:12 (35.6%)	8:58	6.7 (64.4%)
78	**PIECUCH Karolina**	**3190**	LACHO TEAM	Senior II K - 30	4	01:45:48	05:03:21	08:29:04	10:14:35	12:41:39	14:51:35	**16:31:09.10**	**16:31:14.05**	+05:54:47 (35.8%)	9:00	6.7 (64.4%)
79	**MAJKOWSKI Jacek**	**3129**		Senior II M - 30	33	02:14:11	05:50:09	09:02:30	10:43:11	12:50:51	14:51:06	**16:33:23.20**	**16:33:51.75**	+05:57:25 (36.0%)	9:01	6.6 (63.5%)
80	**LIPIŃSKI Marek**	**3098**		Masters M - 40	30	01:48:44	05:01:15	08:09:52	10:00:24	12:20:49	14:51:08	**16:40:30.45**	**16:41:01.40**	+06:04:35 (36.4%)	9:05	6.6 (63.5%)
81	**JACKOWICZ Rafał**	**3157**	JACKOWICZ TEAM	Masters M - 40	31	01:58:50	05:31:47	08:48:24	10:40:29	12:54:46	14:58:34	**16:42:09.10**	**16:42:29.20**	+06:06:02 (36.5%)	9:06	6.6 (63.5%)
82	**MARCINIAK Janusz**	**3046**	NIGHT RUNNERS	Masters M - 40	32	01:59:25	05:24:57	08:56:28	10:35:44	13:09:19	15:14:16	**16:52:51.85**	**16:53:10.50**	+06:16:44 (37.2%)	9:12	6.5 (62.5%)
83	**MATCZAK Maciej**	**3242**	KLUB SPORTOWY FABRYKA BIEGANIA OSTRÓW WIELKOPOLSKI	Senior II M - 30	34	01:50:26	05:11:37	08:38:00	10:23:30	12:48:48	14:59:18	**16:55:22.75**	**16:55:40.90**	+06:19:14 (37.3%)	9:13	6.5 (62.5%)
84	**PIECUCH Marcin**	**3182**	LACHO TEAM	Senior II M - 30	35	01:45:49	05:10:04	08:29:07	10:07:22	12:50:35	14:58:13	**16:56:09.20**	**16:56:15.25**	+06:19:48 (37.4%)	9:14	6.5 (62.5%)
85	**LEWANDOWSKI Filip**	**3284**		Senior II M - 30	36	02:03:22	05:54:32	09:22:28	11:01:03	13:15:19	15:23:07	**17:02:47.10**	**17:02:51.70**	+06:26:25 (37.8%)	9:17	6.5 (62.5%)
86	**DUDEK Remigiusz**	**3077**	ZIĘBICE	Senior II M - 30	37	01:57:34	05:41:40	09:11:28	10:56:16	13:14:22	15:19:15	**17:05:19.20**	**17:05:40.65**	+06:29:14 (37.9%)	9:19	6.4 (61.5%)
87	**JAROSŁAWSKI Marcin**	**3229**	KB-HARCOWNIK	Senior II M - 30	38	01:49:02	04:54:53	08:17:44	10:16:06	13:04:15	15:28:22	**17:08:40.15**	**17:08:57.50**	+06:32:31 (38.1%)	9:21	6.4 (61.5%)
88	**BUK Sławomir**	**3040**	LESZ NO LIMITS RUNNERS	Senior II M - 30	39	01:49:10	05:25:22	08:53:53	10:36:34	13:03:29	15:15:14	**17:11:50.90**	**17:12:03.50**	+06:35:37 (38.3%)	9:22	6.4 (61.5%)
89	**NOWICKI Zbigniew**	**3145**		Masters M - 40	33	01:53:39	04:53:38	08:25:19	10:15:57	12:59:32	15:24:35	**17:13:47.50**	**17:13:50.15**	+06:37:23 (38.4%)	9:23	6.4 (61.5%)
90	**MACKIEWICZ Artur**	**3042**	DŁUGOBIEGANIE	Masters M - 40	34	01:47:02	05:05:13	08:39:16	10:30:18	13:08:11	15:27:17	**17:14:22.10**	**17:14:27.30**	+06:38:00 (38.5%)	9:24	6.4 (61.5%)
91	**MROZIAK Maciek**	**3230**	RUNPASSION.PLTEAM	Masters M - 40	35	01:47:00	05:05:13	08:39:07	10:30:18	13:08:07	15:27:05	**17:14:21.40**	**17:14:27.45**	+06:38:01 (38.5%)	9:24	6.4 (61.5%)
92	**LECHOWSKI Bartłomiej**	**3004**	WKURW_TEAM	Senior II M - 30	40	01:59:00	05:14:23	08:25:06	10:17:08	13:03:38	15:17:35	**17:15:56.30**	**17:16:08.05**	+06:39:41 (38.6%)	9:25	6.4 (61.5%)
93	**PROZOROWSKI Wiesław**	**3094**	MARATON LESZNO	Weteran I M - 50	1	01:51:15	05:11:51	08:31:08	10:20:14	13:03:30	15:40:59	**17:16:12.35**	**17:16:26.70**	+06:40:00 (38.6%)	9:25	6.4 (61.5%)
94	**DYDUCH Maciej**	**3232**	KB ORANGE	Masters M - 40	36	01:52:58	05:06:52	08:45:57	10:35:24	13:09:11	15:29:18	**17:16:59.50**	**17:17:20.55**	+06:40:54 (38.6%)	9:25	6.4 (61.5%)
95	**GŁOWACKA Edyta**	**3057**	MATNER RUNNING TEAM	Masters K - 40	4	01:57:05	05:25:19	08:52:22	10:38:03	13:12:59	15:37:09	**17:21:27.10**	**17:21:40.30**	+06:45:13 (38.9%)	9:28	6.3 (60.6%)
96	**KOSZAREK Maciej**	**3300**		Weteran I M - 50	2	01:52:32	05:25:19	08:52:30	10:38:04	13:12:57	15:37:09	**17:23:32.90**	**17:23:46.25**	+06:47:19 (39.0%)	9:29	6.3 (60.6%)
97	**HADAŁA Ignacy**	**3185**		Senior II M - 30	41	02:06:23	05:49:09	09:16:52	11:04:45	13:41:15	15:54:10	**17:38:45.90**	**17:39:09.65**	+07:02:43 (39.9%)	9:37	6.2 (59.6%)
98	**SIWEK Jarek**	**3060**	RAZ SZCZECIN	Masters M - 40	37	01:50:33	05:29:37	08:56:10	10:42:26	13:38:34	15:56:16	**17:40:02.00**	**17:40:20.90**	+07:03:54 (40.0%)	9:38	6.2 (59.6%)
99	**SUSMARSKA Ewa**	**3299**	MUAY RUNNING TEAM	Senior I K - 20	5	02:03:56	06:03:56	09:44:25	11:32:25	13:52:18	16:02:36	**17:41:39.15**	**17:41:59.15**	+07:05:32 (40.1%)	9:39	6.2 (59.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A9 15km	A11 40km	A12 61km	A13 70km	A14 85km	A15 98km	Czas netto 110km	Czas brutto 110km	Różn	Tempo min/km	Tempo km/h
100	**JAZŁOCKI Łukasz**	**3048**	TWDW	Senior II M - 30	42	02:03:48	06:03:49	09:44:14	11:32:16	13:50:55	16:02:15	**17:41:33.10**	**17:42:00.30**	+07:05:33 (40.1%)	9:39	6.2 (59.6%)
101	**ROSA Jarosław**	**3075**	NATURAL BORN RUNNERS	Masters M - 40	38	02:04:06	05:57:47	09:21:53	11:04:32	13:50:18	15:57:46	**17:43:04.35**	**17:43:25.20**	+07:06:58 (40.2%)	9:39	6.2 (59.6%)
102	**PIETRASZEWSKI Witold**	**3099**	GOSTYŃ EASY TRAIL	Senior II M - 30	43	01:59:51	05:34:02	09:05:18	10:51:31	13:18:16	15:37:07	**17:43:38.85**	**17:43:52.20**	+07:07:25 (40.2%)	9:40	6.2 (59.6%)
103	**KACZMAREK Maria**	**3245**		Senior II K - 30	5	02:25:41	06:15:15	09:36:26	11:22:00	13:54:38	16:04:52	**17:44:56.85**	**17:45:18.80**	+07:08:52 (40.3%)	9:40	6.2 (59.6%)
104	**GRYCMAN Magda**	**3270**	SPARTA ULTRA TEAM	Masters K - 40	5	02:05:23	05:56:17	09:27:45	11:22:51	13:54:22	16:07:20	**17:47:24.10**	**17:47:41.75**	+07:11:15 (40.4%)	9:42	6.2 (59.6%)
105	**OSAKOWICZ Mateusz**	**3191**		Senior II M - 30	44	02:01:48	05:17:06	08:36:28	10:23:30	13:10:57	15:37:53	**17:52:23.65**	**17:52:52.75**	+07:16:26 (40.7%)	9:44	6.2 (59.6%)
106	**MOSIEK Andrzej**	**3193**		Senior II M - 30	45	01:58:30	05:24:03	08:49:18	10:44:24	13:30:21	15:56:41	**17:52:41.75**	**17:52:54.70**	+07:16:28 (40.7%)	9:45	6.2 (59.6%)
107	**ŁAMPIKA Kinga**	**3052**		Senior II K - 30	6	02:03:00	05:39:54	09:10:19	10:52:40	13:36:08	16:00:53	**17:56:15.50**	**17:56:38.85**	+07:20:12 (40.9%)	9:47	6.1 (58.7%)
108	**SZUBA Tadeusz**	**3302**		Weteran II M - 60	2	02:01:46	05:44:36	09:15:41	11:03:19	13:45:39	16:03:04	**18:10:28.90**	**18:10:33.55**	+07:34:07 (41.6%)	9:54	6.1 (58.7%)
109	**SZUBA Teofil**	**3290**	MARATOŃCZYK SZCZECIN	Masters M - 40	39	02:01:41	05:44:38	09:15:49	11:03:20	13:45:24	16:02:52	**18:10:30.10**	**18:10:34.00**	+07:34:07 (41.6%)	9:54	6.1 (58.7%)
110	**POTOCKI Maciej**	**3265**	ORANGE POLSKA	Masters M - 40	40	02:09:53	05:55:11	09:29:31	11:19:25	13:56:49	16:22:41	**18:17:48.30**	**18:18:04.75**	+07:41:38 (42.0%)	9:58	6 (57.7%)
111	**SULIN Marek**	**3100**	SPARTANIE DZIECIOM	Masters M - 40	41	02:01:48	05:55:21	09:22:04	11:05:31	13:56:55	16:32:11	**18:22:53.35**	**18:23:06.20**	+07:46:39 (42.3%)	10:01	6 (57.7%)
112	**ZAKRZEWSKI Marek**	**3248**	EKOBIEGI	Masters M - 40	42	02:01:23	05:28:51	08:54:38	10:49:55	13:45:32	16:24:12	**18:24:30.00**	**18:24:36.05**	+07:48:09 (42.4%)	10:02	6 (57.7%)
113	**BRZOZOWSKI Rafał**	**3313**		Masters M - 40	43	02:10:10	05:54:57	09:21:57	11:06:05	13:56:49	16:32:24	**18:24:27.75**	**18:24:50.60**	+07:48:24 (42.4%)	10:02	6 (57.7%)
114	**DADAŚ Janusz**	**3083**	NIGHT RUNNERS GLIWICE	Masters M - 40	44	01:46:34	05:19:25	08:45:49	10:44:04	13:28:09	16:11:34	**18:30:01.30**	**18:30:13.95**	+07:53:47 (42.7%)	10:05	5.9 (56.7%)
115	**PAŚ Tomasz**	**3183**	PASIOL TEAM WROCŁAW	Masters M - 40	45	02:01:07	05:49:46	09:18:31	11:09:00	14:06:24	16:32:48	**18:30:22.95**	**18:30:33.25**	+07:54:06 (42.7%)	10:05	5.9 (56.7%)
116	**KWIECIEŃ Michał**	**3103**		Senior II M - 30	46	02:10:53	05:58:22	09:33:47	11:32:26	14:01:41	16:25:59	**18:34:03.15**	**18:34:24.65**	+07:57:58 (42.9%)	10:07	5.9 (56.7%)
117	**DERMINE Nicolas**	**3243**		Senior II M - 30	47	02:01:34	04:52:49		09:55:34	13:14:18	15:55:21	**18:35:21.90**	**18:35:52.70**	+07:59:26 (43.0%)	10:08	5.9 (56.7%)
118	**SMOLAK Agata**	**3285**		Senior II K - 30	7	02:11:17	05:59:59	09:28:41	11:22:45	13:57:26	16:34:26	**18:43:12.30**	**18:43:35.50**	+08:07:09 (43.4%)	10:12	5.9 (56.7%)
119	**BĘDŹKOWSKI Marek**	**3197**	MORSY OSTROŁĘKA	Weteran I M - 50	3	02:09:27	06:19:03	09:48:59	11:34:34	14:19:58	16:33:01	**18:43:57.05**	**18:44:09.35**	+08:07:43 (43.4%)	10:13	5.9 (56.7%)
120	**TÓRZ Paweł**	**3250**		Senior I M - 20	6	02:03:57	06:02:41	09:38:49	11:44:51	14:15:40	16:46:41	**18:45:48.25**	**18:46:09.95**	+08:09:43 (43.5%)	10:14	5.9 (56.7%)
121	**ANDRZEJEWSKI Paweł**	**3093**		Masters M - 40	46	02:04:28	05:55:19	09:36:48	11:28:08	14:37:01	17:01:59	**18:52:40.85**	**18:52:44.65**	+08:16:18 (43.8%)	10:17	5.8 (55.8%)
122	**MALIŃSKI Marek**	**3027**		Weteran I M - 50	4	02:17:34	06:25:25	10:10:18	12:02:51	14:48:57	17:01:53	**18:55:06.30**	**18:55:30.40**	+08:19:04 (44.0%)	10:19	5.8 (55.8%)
123	**SMOLEŃ Tomasz**	**3260**	TMTEAM	Masters M - 40	47	02:04:38	05:48:35	09:18:26	11:17:42	14:11:38	16:55:49	**18:55:29.35**	**18:55:49.85**	+08:19:23 (44.0%)	10:19	5.8 (55.8%)
124	**HRAB Wojciech**	**3246**		Senior II M - 30	48	01:59:25	05:25:31	09:01:07	11:01:59	14:11:59	16:53:32	**18:55:53.55**	**18:56:13.15**	+08:19:46 (44.0%)	10:19	5.8 (55.8%)
125	**KOSMOWSKI Wiesław**	**3049**		Senior II M - 30	49	02:03:28	05:47:17	09:15:21	11:01:21	13:57:40	16:53:16	**18:56:57.40**	**18:57:25.80**	+08:20:59 (44.0%)	10:20	5.8 (55.8%)
126	**POPRAWSKI Mateusz**	**3015**	MUKS SZOK BOJANOWO	Senior II M - 30	50	02:03:29	05:47:17	09:15:29	11:01:23	13:57:44	16:53:24	**18:56:59.60**	**18:57:27.35**	+08:21:01 (44.0%)	10:20	5.8 (55.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A9 15km	A11 40km	A12 61km	A13 70km	A14 85km	A15 98km	Czas netto 110km	Czas brutto 110km	Różn	Tempo min/km	Tempo km/h
127	**KUNKE Tomasz**	**3156**	13WOG GRUDZIĄDZ	Masters M - 40	48	01:46:01	05:16:17	08:48:28	10:56:18	13:54:25	16:38:37	**18:57:58.85**	**18:58:18.40**	+08:21:52 (44.1%)	10:20	5.8 (55.8%)
128	**SOKOŁOWSKA Adriana**	**3029**	VEGE RUNNERS	Senior II K - 30	8	02:11:30	06:11:22	09:48:39	11:42:41	14:33:48	17:08:10	**19:08:55.55**	**19:09:04.10**	+08:32:37 (44.6%)	10:26	5.7 (54.8%)
129	**PAWŁOWSKI Robert**	**3023**	VEGE RUNNERS	Masters M - 40	49	02:11:33	06:11:24	09:48:33	11:42:41	14:33:42	17:08:10	**19:08:55.80**	**19:09:04.60**	+08:32:38 (44.6%)	10:26	5.7 (54.8%)
130	**KŁOPOTEK Marcin**	**3144**	EXTREME FAMILY	Masters M - 40	50	01:45:44	05:04:54	08:31:23	10:56:15	14:10:34	16:54:55	**19:09:59.95**	**19:10:04.60**	+08:33:38 (44.7%)	10:27	5.7 (54.8%)
131	**TUCHOŁKA Marta**	**3316**	POCO LOCO/ZUK	Senior II K - 30	9	02:00:41	05:49:24	09:20:20	11:22:07	14:26:18	17:07:08	**19:13:48.20**	**19:13:58.95**	+08:37:32 (44.8%)	10:29	5.7 (54.8%)
132	**GAWLAS Przemysław**	**3315**		Masters M - 40	51	01:56:43	05:41:10	09:18:41	11:17:41	14:12:00	16:55:58	**19:13:49.85**	**19:13:59.05**	+08:37:32 (44.8%)	10:29	5.7 (54.8%)
133	**KRAWISZ Maciej**	**3221**	LP500	Masters M - 40	52	01:45:54	04:50:21	08:09:54	10:10:49	13:15:27	16:30:43	**19:14:36.55**	**19:14:43.80**	+08:38:17 (44.9%)	10:29	5.7 (54.8%)
134	**KRZEMIŃSKI Jacek**	**3205**	KW OPOLE	Senior II M - 30	51	02:02:17	05:42:17	09:17:13	11:20:17	14:15:38	17:04:21	**19:21:12.65**	**19:21:22.95**	+08:44:56 (45.2%)	10:33	5.7 (54.8%)
135	**KRZEMIŃSKA Aleksandra**	**3206**	KW OPOLE	Senior II K - 30	10	02:02:20	05:42:19	09:17:18	11:20:19	14:15:35	17:04:10	**19:21:14.15**	**19:21:24.45**	+08:44:58 (45.2%)	10:33	5.7 (54.8%)
136	**KRUPIŃSKI Tadeusz**	**3200**		Weteran I M - 50	5	02:05:40	06:01:07	09:34:33	11:21:34	14:38:26	17:11:03	**19:21:05.95**	**19:21:41.45**	+08:45:15 (45.2%)	10:33	5.7 (54.8%)
137	**WOŹNIAK Ryszard**	**3062**	BIERUTOWSKA GRUPA BIEGOWA	Weteran I M - 50	6	02:11:14	05:58:22	09:38:30	11:37:32	14:33:15	17:00:25	**19:21:24.45**	**19:21:46.45**	+08:45:20 (45.2%)	10:33	5.7 (54.8%)
138	**DEC Rafał**	**3003**	BIERUTOWSKA GRUPA BIEGOWA	Masters M - 40	53	02:10:56	05:58:25	09:33:52	11:32:28	14:11:15	17:00:26	**19:21:25.95**	**19:21:46.50**	+08:45:20 (45.2%)	10:33	5.7 (54.8%)
138	**SZANDAŁA Jacek**	**3089**	CAŁA OLEŚNICA BIEGA	Masters M - 40	54	02:09:45	05:58:29	09:38:36	11:37:33	14:33:02	17:00:36	**19:21:25.15**	**19:21:46.50**	+08:45:20 (45.2%)	10:33	5.7 (54.8%)
140	**KONIECZNY Tomasz**	**3050**	TEAM KTW	Senior II M - 30	52	02:06:37	06:01:15	09:45:28	11:47:08	14:48:57	17:16:35	**19:22:34.25**	**19:22:52.95**	+08:46:26 (45.3%)	10:34	5.7 (54.8%)
141	**NARECKI Jarosław**	**3272**		Masters M - 40	55	02:06:22	05:41:45	09:22:26	11:17:06	14:18:28	17:15:45	**19:24:03.65**	**19:24:30.50**	+08:48:04 (45.3%)	10:34	5.7 (54.8%)
142	**SIECZKOWSKI Artur**	**3058**	NATURAL BORN RUNNERS TEAM	Masters M - 40	56	02:16:27	06:17:33	09:51:35	11:56:03	14:47:06	17:20:01	**19:25:06.30**	**19:25:34.10**	+08:49:07 (45.4%)	10:35	5.7 (54.8%)
143	**PĘKALA Paweł**	**3072**	AMATOR RYTWIANY	Masters M - 40	57	02:13:48	06:08:12	09:44:16	11:46:45	14:46:16	17:15:46	**19:25:48.00**	**19:26:10.15**	+08:49:43 (45.4%)	10:35	5.7 (54.8%)
144	**BIAŁEK Olaf**	**3177**	MEGATEL.COM.PL	Weteran I M - 50	7	02:20:39	06:03:42	09:34:56	11:34:19	14:31:25	17:19:54	**19:30:05.25**	**19:30:37.30**	+08:54:10 (45.6%)	10:38	5.6 (53.8%)
145	**KWIECIEŃ - LIPIŃSKA Kamila**	**3227**	TIGERS TEAM	Masters K - 40	6	02:10:14	06:09:31	09:51:56	11:46:47	14:45:37	17:26:29	**19:32:56.85**	**19:33:05.95**	+08:56:39 (45.7%)	10:39	5.6 (53.8%)
146	**BIAŁECKI Zbigniew**	**3226**	ŁÓDŹ RUNNING TEAM	Weteran I M - 50	8	02:10:16	06:09:37	09:52:00	11:47:06	14:45:03	17:26:32	**19:32:57.70**	**19:33:07.00**	+08:56:40 (45.7%)	10:39	5.6 (53.8%)
147	**GODLEWSKI Jakub**	**3158**	RUNNERS TEAM QUIBL	Senior II M - 30	53	02:16:08	06:25:22	10:09:03	11:55:13	15:01:47	17:48:42	**19:33:51.25**	**19:34:22.80**	+08:57:56 (45.8%)	10:40	5.6 (53.8%)
148	**PIŁAT Jarosław**	**3153**	CH10	Masters M - 40	58	02:12:20	05:55:16	09:26:54	11:23:13	14:22:32	17:13:33	**19:34:49.60**	**19:35:14.60**	+08:58:48 (45.8%)	10:40	5.6 (53.8%)
149	**KONIECZNA Paulina**	**3134**	CH10	Senior II K - 30	11	02:12:20	05:55:20	09:26:59	11:23:16	14:22:40	17:13:37	**19:34:50.30**	**19:35:14.75**	+08:58:48 (45.8%)	10:40	5.6 (53.8%)
150	**CZAJKOWSKI Rafał**	**3180**	EKOBIEGI	Masters M - 40	59	02:11:04	06:05:25	09:53:09	11:52:16	14:48:29	17:19:37	**19:36:20.90**	**19:36:29.90**	+09:00:03 (45.9%)	10:41	5.6 (53.8%)
151	**APANOWICZ Angelika**	**3173**	EKOBIEGI	Masters K - 40	7	02:11:08	06:05:24	09:53:09	11:52:23	14:48:35	17:19:37	**19:36:22.55**	**19:36:29.95**	+09:00:03 (45.9%)	10:41	5.6 (53.8%)
152	**BUCHALSKA Ewa**	**3108**	EKOBIEGI	Masters K - 40	8	02:11:09	06:05:33	09:53:15	11:52:30	14:48:39	17:19:38	**19:36:22.70**	**19:36:30.25**	+09:00:03 (45.9%)	10:41	5.6 (53.8%)
153	**KOCIOŁEK Zbigniew**	**3239**		Masters M - 40	60	02:03:52	05:41:26	09:20:39	11:46:14	14:51:01	17:39:58	**19:36:28.90**	**19:36:39.40**	+09:00:13 (45.9%)	10:41	5.6 (53.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A9 15km	A11 40km	A12 61km	A13 70km	A14 85km	A15 98km	Czas netto 110km	Czas brutto 110km	Różn	Tempo min/km	Tempo km/h
154	**PRZYBYŁ Tomasz**	**3070**		Masters M - 40	61	02:03:48	05:41:07	09:17:55	11:17:39	14:11:46	16:56:19	**19:37:27.10**	**19:37:46.40**	+09:01:20 (46.0%)	10:42	5.6 (53.8%)
155	**LASZCZYŃSKI Tomasz**	**3188**	TATA. NATALKI	Masters M - 40	62	02:22:10	06:43:26	10:34:21	12:31:59	15:28:01	17:49:15	**19:37:35.40**	**19:37:52.60**	+09:01:26 (46.0%)	10:42	5.6 (53.8%)
156	**WOSZCZAK Jolanta**	**3090**	STRZELIŃSKI KLUB BIEGACZA GRANIT	Weteran K - 50	1	02:22:19	06:43:32	10:34:32	12:32:14	15:28:09	17:49:21	**19:37:36.40**	**19:37:52.90**	+09:01:26 (46.0%)	10:42	5.6 (53.8%)
157	**ZIEMKIEWICZ Jarek**	**3033**	UKS RUNNING TEAM	Masters M - 40	63	02:10:15	05:56:10	09:47:55	11:54:00	14:58:43	17:41:49	**19:38:19.25**	**19:38:41.50**	+09:02:15 (46.0%)	10:42	5.6 (53.8%)
158	**LIPSKI Krzysztof**	**3091**		Masters M - 40	64	02:05:10	06:04:38	09:46:17	11:48:20	15:03:07	17:39:46	**19:40:19.10**	**19:40:25.75**	+09:03:59 (46.1%)	10:43	5.6 (53.8%)
159	**BĄK Andrzej**	**3117**	SPC	Masters M - 40	65	02:16:51	06:32:40	10:06:30	12:01:47	14:58:06	17:35:42	**19:41:44.30**	**19:42:09.70**	+09:05:43 (46.2%)	10:44	5.6 (53.8%)
160	**WŁODARCZYK Teresa**	**3120**	SPC	Weteran K - 50	2	02:16:51	06:32:37	10:06:34	12:01:47	14:58:04	17:35:41	**19:41:43.85**	**19:42:09.75**	+09:05:43 (46.2%)	10:44	5.6 (53.8%)
161	**SZULC-ŁĄTKOWSKA Urszula**	**3305**	KB MANIAC POZNAN	Masters K - 40	9	02:13:27	06:27:17	10:03:14	12:05:46	15:04:23	17:42:33	**19:43:44.45**	**19:44:10.50**	+09:07:44 (46.3%)	10:45	5.6 (53.8%)
162	**ŁĄTKOWSKI Maciej**	**3032**	KB MANIAC POZNAŃ	Masters M - 40	66	02:13:32	06:27:21	10:03:19	12:05:48	15:04:41	17:42:32	**19:43:46.60**	**19:44:11.80**	+09:07:45 (46.3%)	10:45	5.6 (53.8%)
163	**WEISSENSTEINER Dawid**	**3186**		Senior II M - 30	54	01:56:55	05:41:44	09:27:34	11:44:47	14:57:02	17:28:53	**19:44:22.40**	**19:44:48.00**	+09:08:21 (46.3%)	10:46	5.6 (53.8%)
164	**ROSZAK Waldemar**	**3095**	BIEGAM NA ZIELONEJ BIAŁOŁĘCE	Weteran I M - 50	9	02:28:00	06:42:43	10:32:54	12:36:59	15:40:50	17:59:33	**19:46:51.75**	**19:47:01.90**	+09:10:35 (46.4%)	10:47	5.6 (53.8%)
165	**ZYCH Michal**	**3291**	KLUB BIEGACZA RTVEUROAGD	Senior II M - 30	55	01:54:03	05:52:45	09:40:12	11:47:38	14:49:18	17:29:29	**19:37:02.20**	**19:48:48.10**	+09:12:21 (46.5%)	10:42	5.6 (53.8%)
166	**KLATKA Arleta**	**3071**	BIEGAM BO LUBIĘ	Masters K - 40	10	02:03:56	06:04:43	09:56:56	12:01:30	15:31:46	17:58:40	**19:49:18.85**	**19:49:41.00**	+09:13:14 (46.5%)	10:48	5.5 (52.9%)
167	**KWIATKOWSKA Aleksandra**	**3069**	WIECZORNE BIEGANIE W SZCZECINIE	Senior I K - 20	6	01:59:01	05:22:37	08:54:36	10:45:50	13:50:54	16:20:07	**19:50:40.20**	**19:50:56.15**	+09:14:29 (46.6%)	10:49	5.5 (52.9%)
168	**LIPERTOWICZ Sebastian**	**3169**	LOVELASY	Senior II M - 30	56	01:59:02	05:22:48	08:54:47	10:45:51	13:50:50	16:20:08	**19:50:39.55**	**19:50:56.20**	+09:14:29 (46.6%)	10:49	5.5 (52.9%)
169	**MARGASIŃSKI Michał**	**3035**		Senior II M - 30	57	02:03:24	06:08:12	09:56:13	12:00:46	15:02:16	17:50:03	**19:51:56.40**	**19:52:11.75**	+09:15:45 (46.6%)	10:50	5.5 (52.9%)
170	**ZYDORCZAK Mateusz**	**3295**	REMOVE	Senior II M - 30	58	02:02:55	06:14:51	10:44:14	12:33:53	15:24:43	18:01:41	**19:53:14.60**	**19:53:25.65**	+09:16:59 (46.7%)	10:50	5.5 (52.9%)
171	**MOREVA Daria**	**3195**		Senior II K - 30	12	02:13:50	06:20:56	10:08:26	12:00:59	15:08:54	17:51:41	**19:54:33.65**	**19:54:43.45**	+09:18:17 (46.7%)	10:51	5.5 (52.9%)
172	**BURDAJEWICZ Magdalena**	**3264**		Senior II K - 30	13	02:17:01	06:20:23	10:17:09	12:06:10	15:03:59	17:51:59	**19:56:48.20**	**19:57:14.75**	+09:20:48 (46.8%)	10:52	5.5 (52.9%)
173	**TOMCZAK Mariusz**	**3292**		Masters M - 40	67	02:03:37	06:08:16	09:56:12	12:00:47	15:02:40	17:49:39	**19:57:01.25**	**19:57:15.05**	+09:20:48 (46.8%)	10:52	5.5 (52.9%)
174	**RELEWICZ Maciej**	**3168**	WOLNE ŚLIMAKI	Masters M - 40	68	02:03:34	06:08:13	09:56:07	12:00:45	15:02:21	17:50:15	**19:57:02.30**	**19:57:17.50**	+09:20:51 (46.8%)	10:52	5.5 (52.9%)
175	**KROLS Hilde**	**3119**	VOS SCHAFFEN	Weteran K - 50	3	02:12:22	06:20:05	10:17:28	12:29:20		18:14:16	**20:06:32.00**	**20:06:55.65**	+09:30:29 (47.3%)	10:58	5.5 (52.9%)
176	**FILIPIAK Sebastian**	**3056**	LZS LIPA	Masters M - 40	69	02:03:35	05:53:19	09:48:53	11:46:37	14:51:54	17:37:54	**20:07:29.85**	**20:07:55.15**	+09:31:28 (47.3%)	10:58	5.5 (52.9%)
177	**KONIECZNY Andrzej Konieczny**	**3034**		Masters M - 40	70	02:12:31	06:39:48	10:18:35	12:12:13	15:11:53	17:51:51	**20:07:42.55**	**20:07:55.40**	+09:31:29 (47.3%)	10:58	5.5 (52.9%)
178	**RYTYCH Grzegorz**	**3097**	DROGA DO ULTRA	Senior II M - 30	59	02:12:22	06:18:00	09:54:54	11:53:06	14:45:41	17:30:08	**20:07:49.30**	**20:08:03.90**	+09:31:37 (47.3%)	10:58	5.5 (52.9%)
179	**KLATE Łukasz**	**3068**	DROGA DO ULTRA	Masters M - 40	71	02:02:57	06:03:15	09:54:58	11:53:05	14:45:38	17:30:05	**20:07:49.50**	**20:08:04.40**	+09:31:38 (47.3%)	10:58	5.5 (52.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A9 15km	A11 40km	A12 61km	A13 70km	A14 85km	A15 98km	Czas netto 110km	Czas brutto 110km	Różn	Tempo min/km	Tempo km/h
180	**GULCZYŃSKI Tomasz**	**3317**		Senior II M - 30	60	02:01:45	06:12:26	10:06:37	12:07:36	15:38:55	18:20:18	**20:13:50.70**	**20:14:02.45**	+09:37:36 (47.6%)	11:02	5.4 (51.9%)
181	**BUDA Marzena**	**3231**	ALPACA TEAM	Senior I K - 20	7	02:01:10	06:05:33	09:53:22	12:00:13	15:39:38	18:43:11	**20:28:49.45**	**20:29:06.80**	+09:52:40 (48.2%)	11:10	5.4 (51.9%)
182	**WYLEGAŁA Izabela**	**3024**	PCH_RUN	Senior II K - 30	14	02:22:08	06:34:25	10:18:00	12:28:07	15:31:25	18:23:30	**20:29:45.60**	**20:29:53.25**	+09:53:26 (48.3%)	11:10	5.4 (51.9%)
183	**WYKA Angelika**	**3001**	PCH_RUN	Senior II K - 30	15	02:22:09	06:34:24	10:18:04	12:28:08	15:31:20	18:23:30	**20:29:45.75**	**20:29:53.30**	+09:53:26 (48.3%)	11:10	5.4 (51.9%)
184	**CELEJEWSKI Przemysław**	**3192**		Senior II M - 30	61	02:10:46	06:05:33	09:46:18	12:01:06	15:16:08	18:08:03	**20:35:51.80**	**20:36:15.35**	+09:59:49 (48.5%)	11:14	5.3 (51.0%)
185	**KARCZ Anna**	**3222**		Senior I K - 20	8	02:09:17	06:48:44	10:52:42	13:23:37	16:27:27	18:59:44	**20:47:07.80**	**20:47:37.10**	+10:11:10 (49.0%)	11:20	5.3 (51.0%)
186	**SERWADCZAK Marek**	**3259**		Weteran I M - 50	10	02:11:46	06:15:03	10:02:17	12:16:37	15:20:29	18:18:48	**20:48:33.55**	**20:49:05.65**	+10:12:39 (49.0%)	11:21	5.3 (51.0%)
187	**SZERSZENIEWSKI Marek**	**3199**	ŻÓRAWSKI TEAM	Weteran I M - 50	11	02:12:23	06:33:00	10:19:21	12:09:10	15:01:18	18:21:26	**20:51:21.90**	**20:51:47.95**	+10:15:21 (49.2%)	11:22	5.3 (51.0%)
188	**LUBIK Adam**	**3184**	KSE ON-SIGHT/ SPUCHLAKI TEAM	Senior II M - 30	62	02:01:45	06:12:23	10:06:32	12:07:36	15:38:04	18:25:59	**20:52:22.40**	**20:52:35.05**	+10:16:08 (49.2%)	11:23	5.3 (51.0%)
189	**NAMIOTA Urszula**	**3171**	KB MARATOŃCZYK	Weteran K - 50	4	02:11:45	06:34:19	10:36:52	12:42:09	16:05:26	18:43:20	**20:53:09.65**	**20:53:36.20**	+10:17:09 (49.2%)	11:23	5.3 (51.0%)
190	**OPALIŃSKI Michał**	**3172**	DĘBICKI KLUB BIEGACZA MARATOŃCZYK	Senior II M - 30	63	02:32:21	07:00:41	11:13:26	13:13:54	16:10:05	18:33:39	**20:53:11.70**	**20:53:38.90**	+10:17:12 (49.2%)	11:23	5.3 (51.0%)
191	**KAWA Barbara**	**3170**	KB MARATOŃCZYK DĘBICA	Senior II K - 30	16	02:32:22	07:00:41	11:13:20	13:13:55	16:10:02	18:33:41	**20:53:13.05**	**20:53:39.70**	+10:17:13 (49.2%)	11:23	5.3 (51.0%)
192	**STAWSKI Michał**	**3220**	TRUCHT.COM	Senior II M - 30	64	01:35:11	04:49:45	08:41:58	11:18:46	15:02:18	18:16:04	**20:55:44.80**	**20:55:49.75**	+10:19:23 (49.3%)	11:24	5.3 (51.0%)
193	**JĘDRYCHA Artur**	**3085**		Masters M - 40	72	02:08:45	06:08:43	10:07:42	12:36:39	15:52:24	18:40:34	**21:04:11.15**	**21:04:45.10**	+10:28:18 (49.7%)	11:29	5.2 (50.0%)
194	**OSTACH Daria**	**3009**		Masters K - 40	11	02:14:02	06:49:02	10:36:04	12:31:50	15:34:39	18:22:07	**21:06:18.65**	**21:06:34.50**	+10:30:08 (49.8%)	11:30	5.2 (50.0%)
195	**PRUSIEWICZ Beata**	**3018**		Weteran K - 50	5	02:14:22	06:52:36	10:36:06	12:31:52	15:34:55	18:28:27	**21:06:18.35**	**21:06:34.80**	+10:30:08 (49.8%)	11:30	5.2 (50.0%)
196	**WASIL Joanna**	**3021**		Senior II K - 30	17	02:14:23	06:52:36	10:49:16	12:53:05	16:09:41	18:55:41	**21:16:05.35**	**21:16:17.55**	+10:39:51 (50.1%)	11:36	5.2 (50.0%)
197	**SAMOLAK Łukasz**	**3002**	22 KARPACKI BATALION PIECHOTY GÓRSKIEJ	Senior II M - 30	65	02:13:49	06:49:45	10:52:15	13:05:05	16:13:27	19:01:36	**21:16:48.50**	**21:17:22.15**	+10:40:55 (50.2%)	11:36	5.2 (50.0%)
198	**SAMOLAK Maciek**	**3141**	PREDATORS WAŁBRZYCH	Masters M - 40	73	02:13:47	06:49:47	10:52:24	13:05:05	16:13:32	19:08:35	**21:19:35.80**	**21:20:08.80**	+10:43:42 (50.3%)	11:37	5.2 (50.0%)
199	**MOŃKA Łukasz**	**3278**	SPARTA ULTRA TEAM	Senior II M - 30	66	02:05:24	06:02:59	09:53:37	12:16:40	15:59:14	18:59:43	**21:31:35.90**	**21:31:54.00**	+10:55:27 (50.7%)	11:44	5.1 (49.0%)
200	**ŁĄCKA Ilona**	**3096**	EKOBIEGI	Masters K - 40	12	02:28:09	06:42:42	10:35:58	12:50:47	16:17:26	19:14:07	**21:32:09.85**	**21:32:18.40**	+10:55:52 (50.8%)	11:44	5.1 (49.0%)
201	**SIKORSKA Agnieszka**	**3189**	EKBIEGI	Masters K - 40	13	02:14:08	06:27:16	10:33:50	12:50:55	16:18:03	19:14:23	**21:32:08.85**	**21:32:18.55**	+10:55:52 (50.8%)	11:44	5.1 (49.0%)
202	**KOREK Krystian**	**3213**		Masters M - 40	74	02:15:35	06:50:13	11:06:24	13:26:17	16:44:48	19:24:46	**21:40:32.85**	**21:41:02.65**	+11:04:36 (51.1%)	11:49	5.1 (49.0%)
202	**KRANZ Grzegorz**	**3212**		Masters M - 40	75	02:15:34	06:52:05	11:05:02	13:26:17	16:45:12	19:24:54	**21:40:33.05**	**21:41:02.65**	+11:04:36 (51.1%)	11:49	5.1 (49.0%)
204	**PIETRZAK Tomasz**	**3198**	WILD TRAIL RUNNER	Senior II M - 30	67	02:10:52	06:02:28	10:07:42	12:12:45	15:51:56	19:01:29	**21:43:21.40**	**21:43:48.40**	+11:07:22 (51.2%)	11:50	5.1 (49.0%)
205	**JANUĆ Wojciech**	**3110**	ARKA LEŚNA	Senior I M - 20	7	02:10:53	06:02:28	10:07:40	12:12:47	15:52:00	19:01:41	**21:43:23.90**	**21:43:50.60**	+11:07:24 (51.2%)	11:50	5.1 (49.0%)
206	**KRAWCZYK Jakub**	**3055**		Senior I M - 20	8	01:45:10	05:23:37	08:59:11	11:28:10	14:57:28	18:12:23	**21:47:13.10**	**21:47:17.50**	+11:10:51 (51.3%)	11:53	5 (48.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A9 15km	A11 40km	A12 61km	A13 70km	A14 85km	A15 98km	Czas netto 110km	Czas brutto 110km	Różn	Tempo min/km	Tempo km/h
207	**GRUSZCZYŃSKI Marcin**	**3287**	GRUSZKOWYTEAM	Masters M - 40	76	02:06:07	06:18:05	10:58:03	13:25:21	16:38:04	19:43:21	**21:47:17.65**	**21:47:29.65**	+11:11:03 (51.3%)	11:53	5 (48.1%)
208	**GMAJ Karolina**	**3126**		Senior II K - 30	18	02:11:30	06:21:18	10:29:02	12:45:12	16:23:58	19:30:23	**21:51:14.25**	**21:51:37.25**	+11:15:10 (51.5%)	11:55	5 (48.1%)
209	**GMAJ Daniel**	**3127**	1983	Senior II M - 30	68	02:11:30	06:21:17	10:29:06	12:45:12	16:23:52	19:30:30	**21:51:14.10**	**21:51:37.70**	+11:15:11 (51.5%)	11:55	5 (48.1%)
210	**KÓZKA Przemo**	**3133**	BIEGAM, BO NIE LUBIĘ	Masters M - 40	77	02:04:06	06:18:37	10:43:55	13:15:10	16:22:11	19:32:12	**21:51:18.05**	**21:51:39.40**	+11:15:13 (51.5%)	11:55	5 (48.1%)
211	**ROSA Bartosz**	**3152**	SMASHING PĄPKINS	Senior II M - 30	69	02:21:11	06:49:35	10:43:52	12:59:30	16:27:50	19:30:38	**21:59:06.80**	**21:59:34.90**	+11:23:08 (51.8%)	11:59	5 (48.1%)
212	**SULIMA Janusz**	**3311**		Weteran I M - 50	12	02:04:39	06:15:39	10:38:11	12:56:05	16:50:52	19:43:01	**22:00:17.40**	**22:00:21.90**	+11:23:55 (51.8%)	12:00	5 (48.1%)
213	**SZURKOWSKI Michał**	**3160**	GRUNWALD TEAM POZNAŃ	Senior II M - 30	70	02:13:55	06:12:19	10:38:08	13:05:38	16:50:43	19:50:48	**22:01:43.15**	**22:02:04.20**	+11:25:37 (51.9%)	12:00	5 (48.1%)
214	**BĄKOWICZ Kamil**	**3044**	AKTYWNI KAMIEŃSK	Senior II M - 30	71	02:09:52	06:12:27	10:38:19	13:06:00	16:51:06	19:51:10	**22:03:34.70**	**22:03:51.60**	+11:27:25 (51.9%)	12:01	5 (48.1%)
215	**ZIEMNIAK Marcin**	**3140**		Senior II M - 30	72	02:13:09	06:35:47	11:03:22	13:38:57	16:57:47	19:45:44	**22:05:44.80**	**22:06:04.00**	+11:29:37 (52.0%)	12:03	5 (48.1%)
216	**WAŁEK Piotr**	**3020**	RUNNERS TEAM QUIBL	Masters M - 40	78	02:32:10	07:12:27	11:23:20	13:45:06		19:56:51	**22:13:11.65**	**22:13:41.90**	+11:37:15 (52.3%)	12:07	5 (48.1%)
217	**GĄSIOROWSKA Dorota**	**3054**	MPK WYBIEGANIE / ŚNIĘTY SUM	Weteran K - 50	6	02:32:49	07:12:30	11:23:16	13:44:07	17:04:32	19:56:28	**22:13:12.35**	**22:13:42.05**	+11:37:15 (52.3%)	12:07	5 (48.1%)
218	**MARKOWSKI Piotr**	**3087**	MARKOTNYSKOWRONEK	Masters M - 40	79	02:11:55	06:25:14	10:28:55	12:53:10	16:28:05	19:35:14	**22:16:41.40**	**22:17:01.50**	+11:40:35 (52.4%)	12:09	4.9 (47.1%)
219	**STAWSKA Anna**	**3241**	WKURW_TEAM	Masters K - 40	14	02:21:52	06:36:20	10:37:54	13:12:46	16:39:23	19:35:31	**22:17:20.50**	**22:17:27.35**	+11:41:01 (52.4%)	12:09	4.9 (47.1%)
220	**SKOWRONEK Artur**	**3132**	MARKOTNYSKOWRONEK	Masters M - 40	80	02:11:57	06:25:17	10:29:21	12:59:16	16:36:41	19:43:21	**22:21:18.75**	**22:21:38.30**	+11:45:11 (52.6%)	12:11	4.9 (47.1%)
221	**FRĄCKOWIAK Jacek**	**3136**	RUNNER'S POWER ŚREM	Masters M - 40	81	02:11:58	06:15:53	10:15:22	12:36:38	16:17:09	19:47:34	**22:27:23.35**	**22:27:38.40**	+11:51:12 (52.8%)	12:14	4.9 (47.1%)
222	**DĘBEK Piotr**	**3064**	PRZEDWOJEWSKI MOUNTAIN TEAM	Masters M - 40	82	02:11:58	06:15:55	10:15:28	12:36:39	16:17:00	19:53:14	**22:27:24.50**	**22:27:39.30**	+11:51:12 (52.8%)	12:14	4.9 (47.1%)
223	**SZACHEWICZ Slawek**	**3143**	JEŻOZWIERZE GROUP	Masters M - 40	83	02:16:13	06:25:18	10:38:18	13:16:28	17:13:16	20:23:48	**22:34:08.50**	**22:34:39.30**	+11:58:12 (53.0%)	12:18	4.9 (47.1%)
224	**GRYGIER Robert**	**3215**		Senior I M - 20	9	02:12:15	06:20:27	10:13:31	12:32:40	16:02:28	19:32:59	**22:36:49.30**	**22:36:56.15**	+12:00:29 (53.1%)	12:20	4.9 (47.1%)
225	**STOLPE Maciej**	**3028**		Weteran I M - 50	13	02:21:36	07:00:12		13:35:19	17:05:05	20:05:53	**22:39:18.15**	**22:39:47.80**	+12:03:21 (53.2%)	12:21	4.9 (47.1%)
226	**HOFFMANN Grzegorz**	**3036**		Masters M - 40	84	02:21:42	07:00:12	11:04:39	13:35:21	17:07:05	20:06:43	**22:40:02.65**	**22:40:31.20**	+12:04:04 (53.2%)	12:21	4.9 (47.1%)
227	**SIELUTIN Wadim**	**3297**	KB LEW LEGNICA 2000	Weteran II M - 60	3	02:15:04	06:49:25	11:02:53	13:26:27	17:25:23	20:22:28	**22:40:49.65**	**22:41:14.25**	+12:04:47 (53.2%)	12:22	4.8 (46.2%)
228	**KAMROWSKI Dawid**	**3102**	ROCHE RUNNERS	Senior II M - 30	73	02:40:43	07:37:27	12:02:29	14:39:10	17:37:10	20:27:08	**22:51:30.60**	**22:52:02.45**	+12:15:36 (53.6%)	12:28	4.8 (46.2%)
229	**RECZUCH Adam**	**3194**		Masters M - 40	85	02:27:59	06:18:18		12:10:28		19:45:35	**22:51:50.30**	**22:52:21.40**	+12:15:55 (53.6%)	12:28	4.8 (46.2%)
230	**CIECIELĄG Piotr**	**3006**		Masters M - 40	86	02:04:05	05:53:44	09:49:32	12:10:27	16:10:07	20:21:36	**23:00:56.65**	**23:01:10.95**	+12:24:44 (53.9%)	12:33	4.8 (46.2%)
231	**KONOWROCKA Wioletta**	**3012**	SEE YOU LATER TEAM	Masters K - 40	15	02:10:20	06:18:18	10:15:32	12:33:12	15:59:51	19:36:23	**23:03:04.20**	**23:03:29.20**	+12:27:02 (54.0%)	12:34	4.8 (46.2%)
232	**BIELSKI Janusz**	**3010**	SEE YOU LATER TEAM	Senior II M - 30	74	02:03:43	06:18:05	10:15:25	12:33:00	15:59:05	19:35:17	**23:03:05.40**	**23:03:29.80**	+12:27:03 (54.0%)	12:34	4.8 (46.2%)
233	**RYCHŁOWSKA Magdalena**	**3067**		Masters K - 40	16	02:16:14	06:45:27	10:59:08	13:27:56	17:21:06	20:28:13	**23:07:36.05**	**23:07:54.95**	+12:31:28 (54.1%)	12:36	4.8 (46.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A9 15km	A11 40km	A12 61km	A13 70km	A14 85km	A15 98km	Czas netto 110km	Czas brutto 110km	Różn	Tempo min/km	Tempo km/h
234	**KALBARCZYK Beata**	**3162**	ORANGE POLSKA	Weteran K - 50	7	02:33:23	06:52:05	11:30:14	14:05:13	17:38:17	20:39:03	**23:07:44.25**	**23:08:03.75**	+12:31:37 (54.1%)	12:36	4.8 (46.2%)
235	**WRZESIŃSKA Joanna**	**3115**		Masters K - 40	17	02:09:39	06:14:36	10:04:12	12:23:02	15:50:42	19:21:19	**23:10:14.00**	**23:10:22.20**	+12:33:55 (54.2%)	12:38	4.7 (45.2%)
236	**BORIS Aneta**	**3016**	EL - AKTYWNI	Senior II K - 30	19	02:32:47	07:48:11	12:08:25	14:32:48	18:07:39	21:08:49	**23:16:13.50**	**23:16:33.60**	+12:40:07 (54.4%)	12:41	4.7 (45.2%)
237	**MARCINEK Łukasz**	**3007**	NIE TERAZ, POTEM	Senior II M - 30	75	02:11:48	06:38:16	10:52:30	13:43:32	17:14:41	20:50:52	**23:31:02.90**	**23:31:13.85**	+12:54:47 (54.9%)	12:49	4.7 (45.2%)
238	**HANGIEL Urszula**	**3318**		Senior II K - 30	20	02:32:42	07:48:39	12:08:19	14:37:17	18:06:07	21:08:41	**23:31:54.55**	**23:32:25.35**	+12:55:59 (54.9%)	12:50	4.7 (45.2%)
239	**SOSZYŃSKA Małgorzata**	**3314**		Weteran K - 50	8	02:32:41	07:48:38	12:08:10	14:37:17	18:06:03	21:08:41	**23:31:55.05**	**23:32:25.55**	+12:55:59 (54.9%)	12:50	4.7 (45.2%)
240	**GRZESIAK Rafał**	**3081**		Masters M - 40	87	02:09:37	07:31:40	12:02:59	14:41:31	17:35:36	20:41:07	**23:52:03.65**	**23:52:17.05**	+13:15:50 (55.6%)	13:01	4.6 (44.2%)
241	**KOSMIDER Tomasz**	**3209**	SPARTANIE DZIECIOM	Masters M - 40	88	02:19:35	06:47:58	11:02:40	13:58:31	17:37:19	20:56:39	**23:58:28.15**	**23:58:59.90**	+13:22:33 (55.8%)	13:04	4.6 (44.2%)
242	**OHLA Justyna**	**3112**	BIEGAM, BO NIE LUBIĘ...	Masters K - 40	18	02:06:13	06:18:40	10:50:55	13:42:41	17:41:24	21:14:27	**23:58:57.60**	**23:59:17.20**	+13:22:50 (55.8%)	13:04	4.6 (44.2%)
242	**MADAJ Paweł**	**3118**	BIEGAM, BO NIE LUBIĘ	Masters M - 40	89	02:06:13	06:18:41	10:51:02	13:42:42	17:41:29	21:14:30	**23:58:57.70**	**23:59:17.20**	+13:22:50 (55.8%)	13:04	4.6 (44.2%)
244	**ZACHARZYŃSKA Katarzyna**	**3161**	ORANGE POLSKA	Senior II K - 30	21	02:21:46	06:51:21	11:30:18	14:06:19	17:57:30	21:18:47	**24:05:21.50**	**24:05:41.75**	+13:29:15 (56.0%)	13:08	4.6 (44.2%)
245	**CECUŁA Andrzej**	**3202**		Senior I M - 20	10	02:09:34	07:31:37	12:02:51	14:41:31	17:35:30	20:41:23	**24:13:18.50**	**24:13:32.80**	+13:37:06 (56.2%)	13:12	4.5 (43.3%)
246	**PIKUSA Michał**	**3104**		Senior II M - 30	76	02:40:43	07:37:25	12:03:00	14:45:50	18:15:23	21:29:03	**24:14:58.10**	**24:15:30.50**	+13:39:04 (56.3%)	13:13	4.5 (43.3%)
247	**HAUTON Monika**	**3013**	NIE TERAZ, POTEM	Masters K - 40	19	02:37:21	08:11:19	12:30:25	15:12:51	18:44:59	21:57:02	**24:18:45.85**	**24:18:57.10**	+13:42:30 (56.4%)	13:15	4.5 (43.3%)
248	**WITECKA Milena**	**3312**		Senior II K - 30	22	02:15:18	07:13:55	12:32:37	15:12:29	18:54:22	22:00:39	**24:29:57.30**	**24:30:21.60**	+13:53:55 (56.7%)	13:21	4.5 (43.3%)
249	**RURKA Grzegorz**	**3146**	SAMBIEGAM	Weteran I M - 50	14	02:25:48	07:16:42	11:46:50	14:39:59	19:04:05	22:15:43	**24:31:49.40**	**24:32:17.45**	+13:55:51 (56.8%)	13:22	4.5 (43.3%)
250	**ŹRÓDLEWSKA Anna**	**3308**		Senior II K - 30	23	02:15:39	07:04:26	12:03:11	14:56:31	18:42:18	21:56:51	**24:36:58.50**	**24:37:13.90**	+14:00:47 (56.9%)	13:25	4.5 (43.3%)
251	**KAPA Patrycja**	**3310**	K.S. MARATON OSTRÓW WIELKOPOLSKI	Senior I K - 20	9	02:15:36	07:04:24	12:03:03	14:56:28	18:43:23	21:56:53	**24:36:59.75**	**24:37:14.95**	+14:00:48 (56.9%)	13:25	4.5 (43.3%)
252	**ŚWITALSKI Andrzej**	**3166**	KAPITAN POLSKA/ŻYCIE CZĘSTOCHOWY TEAM	Senior II M - 30	77	02:15:37	07:04:24	12:03:10	14:56:30	18:45:27	22:01:06	**24:42:26.10**	**24:42:44.40**	+14:06:18 (57.1%)	13:28	4.5 (43.3%)
253	**STEFANOWSKI Marcin**	**3019**	ŻARÓW BIEGA	Masters M - 40	90	02:41:02	07:50:28	12:38:40	15:15:02	18:42:40	21:56:02	**24:43:42.65**	**24:44:01.65**	+14:07:35 (57.1%)	13:29	4.4 (42.3%)
254	**ZIEMKOWSKA Monika**	**3014**		Masters K - 40	20	02:41:13	07:50:33	12:39:07	15:15:06	18:42:51	21:56:03	**24:43:44.40**	**24:44:01.95**	+14:07:35 (57.1%)	13:29	4.4 (42.3%)
255	**WYSTRYCHOWSKI Marcin**	**3121**	BFAGENCJA.PL	Senior II M - 30	78	02:32:33	07:59:55	12:21:47	15:04:08	19:24:02	22:24:55	**24:55:44.70**	**24:56:03.25**	+14:19:36 (57.5%)	13:35	4.4 (42.3%)
256	**TALARCZYK Mikołaj**	**3254**		Masters M - 40	91	02:10:39	06:25:10	10:19:09	12:57:13	17:01:37	21:46:09	**25:21:10.30**	**25:21:39.40**	+14:45:13 (58.2%)	13:49	4.3 (41.3%)
257	**BOHDZIEWICZ Izabela**	**3283**	WKURW_TEAM	Senior I K - 20	10	02:38:59	09:14:00	13:34:33	16:43:56	20:49:04	23:54:02	**25:22:14.55**	**25:22:36.55**	+14:46:10 (58.2%)	13:50	4.3 (41.3%)
258	**OBARSKA Małgorzata**	**3031**		Weteran K - 50	9	02:54:18	08:11:32	12:34:40	15:19:36	19:26:47	22:41:11	**25:23:46.00**	**25:24:08.75**	+14:47:42 (58.2%)	13:51	4.3 (41.3%)
259	**OBARSKI Norbert**	**3043**		Weteran I M - 50	15	02:54:16	08:11:08	12:34:36	15:19:34	19:26:42	22:41:11	**25:23:46.90**	**25:24:09.90**	+14:47:43 (58.2%)	13:51	4.3 (41.3%)
260	**BOCHENEK Janusz**	**3063**	WKURW_TEAM	Weteran II M - 60	4	02:38:59	09:13:59	13:13:03	16:01:00	19:31:07	22:48:10	**25:31:47.65**	**25:32:09.50**	+14:55:43 (58.5%)	13:55	4.3 (41.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A9 15km	A11 40km	A12 61km	A13 70km	A14 85km	A15 98km	Czas netto 110km	Czas brutto 110km	Różn	Tempo min/km	Tempo km/h
261	**MAŁEK Tomasz**	**3269**		Senior I M - 20	11	01:38:19								+00:11:50	6:33	9.2 (88.5%)
	KAMIŃSKI Bartosz	**3204**		Masters M - 40		02:09:13 DNF	06:00:25 DNF	09:47:34 DNF	12:19:17 DNF	15:13:14 DNF	18:21:31 DNF	**DNF**	**DNF**		-	- (0.0%)
	MULARCZYK Marta	**3165**	WKURW_TEAM	Senior I K - 20		02:23:35 DNF	06:25:00 DNF	10:16:39 DNF	13:07:45 DNF	16:49:14 DNF	21:46:23 DNF	**DNF**	**DNF**		-	- (0.0%)
	GNIELKA Dawid	**3286**	ZAMKOWIEC TOSZEK	Senior I M - 20		02:26:25 DNF	06:51:06 DNF	11:40:36 DNF	14:39:38 DNF	19:00:13 DNF	23:58:18 DNF	**DNF**	**DNF**		-	- (0.0%)
	ŚWIERAD Dariusz	**3279**	ASICS FRONTRUNNER POLAND / CAMELBAK POLSKA	Senior II M - 30		01:38:19 DNF	04:13:09 DNF	06:43:52 DNF	08:07:45 DNF	10:04:47 DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	PIETRASZEWSKI Robert	**3106**	BIEGAM BO LUBIĘ - TOMASZÓW MAZOWIECKI	Masters M - 40		02:04:05 DNF	06:04:57 DNF	09:57:46 DNF	12:01:29 DNF	15:41:41 DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	DROŻDZIEL Mariusz	**3247**		Senior II M - 30		01:43:34 DNF	04:57:54 DNF	08:15:22 DNF	11:01:15 DNF	DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	MACHUL Ewa	**3293**	DREAM RUN	Senior II K - 30		01:47:04 DNF	05:05:49 DNF	09:03:47 DNF	DNF	DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	CHRZAN Andrzej	**3323**	AA TARNÓW	Senior I M - 20		02:03:53 DNF	05:40:50 DNF	09:30:16 DNF	DNF	DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	TALAGA Dawid	**3061**	OLKUSZBIEGA.PL	Senior II M - 30		01:47:48 DNF	05:25:25 DNF	09:47:45 DNF	DNF	DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	PISKORZ Ireneusz	**3277**		Senior II M - 30		01:48:51 DNF	05:45:30 DNF	10:02:07 DNF	DNF	DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	WERNER Kamil	**3164**	BIEGAM NA TARCHOMINIE/ULTRA PASTERZE	Senior II M - 30		01:29:19 DNF	04:13:45 DNF	DNF	DNF	DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	JĘDZURA Daniel	**3255**	NIGHT RUNNERS GLIWICE	Senior II M - 30		01:45:07 DNF	04:49:17 DNF	DNF	DNF	DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	JANIK Rafał	**3167**	GMINA STRZELCE OPOLSKIE	Masters M - 40		01:30:47 DNF	04:51:21 DNF	DNF	DNF	DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	PIASECKA - WSZOŁA Anna	**3304**	MUAY RUNNING TEAM	Senior II K - 30		01:49:00 DNF	04:58:07 DNF	DNF	DNF	DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	SLOWINSKI Grzegorz	**3175**		Senior II M - 30		02:05:17 DNF	05:13:32 DNF	DNF	DNF	DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	ŁĘCKI Piotruś	**3252**	NIGHT RUNNERS GLIWICE	Senior II M - 30		01:41:47 DNF	05:22:18 DNF	DNF	DNF	DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	CHRZAN Daniel	**3322**		Senior II M - 30		01:56:06 DNF	05:25:16 DNF	DNF	DNF	DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	BOREJSZO Karol	**3274**		Senior I M - 20		02:06:35 DNF	05:34:18 DNF	DNF	DNF	DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	FIJAŁKOWSKI Artur	**3159**	EKOBIEGI	Senior II M - 30		02:01:24 DNF	05:40:13 DNF	DNF	DNF	DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	REJMAN Grzegorz	**3138**	DREAM RUN	Senior II M - 30		01:47:37 DNF	05:48:32 DNF	DNF	DNF	DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	KOZŁOWSKI Bartłomiej	**3320**		Masters M - 40		02:11:07 DNF	06:17:03 DNF	DNF	DNF	DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	NOJSZEWSKA Anika	**3319**		Senior II K - 30		02:10:36 DNF	06:17:06 DNF	DNF	DNF	DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	LIEBCHEN Piotr	**3187**		Masters M - 40		02:11:10 DNF	06:17:07 DNF	DNF	DNF	DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	ARMATYS Grzegorz	**3253**	ORANGE POLSKA	Weteran I M - 50		02:26:53 DNF	07:55:17 DNF	DNF	DNF	DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	RUTKOWSKI Łukasz	**3051**		Masters M - 40		01:46:57 DNF	DNF	DNF	DNF	DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	GÓRA Marcin	**3244**	TWM-TERMO MARCIN GÓRA, JANUSZ SZUBA SP.J.	Masters M - 40		01:59:08 DNF	DNF	DNF	DNF	DNF	DNF	**DNF**	**DNF**		-	- (0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A9 15km	A11 40km	A12 61km	A13 70km	A14 85km	A15 98km	Czas netto 110km	Czas brutto 110km	Różn	Tempo min/km	Tempo km/h
	CZERNIAK Tobiasz	**3240**		Senior II M - 30		02:00:05 DNF	DNF	DNF	DNF	DNF	DNF	**DNF**	**DNF**		-	- (0.0%)

Znaleziono 288 wynik(ów)